

250+ Examples of Natural Remedies Beating Pharmaceuticals

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You hear a lot about 'natural healing' these days, but did you know that a sizable body of scientific literature actually supports the idea that natural medicine is safer and more effective than conventional, drug-based medicine?

One of the greatest if not the greatest triumph of biomedical science today is its role in validating ancient healing modalities that long before the advent of science, and even recorded history itself, were passed down "orally" from generation to generation in the vast body of folkloric medical knowledge that still forms the basis for the majority of the world's primary health care system.

These so-called "natural" or "alternative" modalities, which our species owes its present day survivorship to after eons of dependency on them, are increasingly gaining the attention of men and women in white lab coats intent on unlocking the mysteries of how they work, and in many cases, why they work better than patented, synthetic, **chemical-based medications** ([/blog/has-drug-driven-medicine-become-form-human-sacrifice](#)).

As you may already know, at GreenMedInfo.com, we now have **over 10,000 database sections** ([/research-dashboard](#)) dedicated to finding scientific support for natural alternatives, with six main indexes: **Natural Substances** ([/greenmed/display/substance](#)), **Ailments** ([/greenmed/display/disease](#)), **Therapeutic Actions** ([/greenmed/display/therapeutic-action](#)), **Problematic Actions** ([/display/anti-therapeutic-action](#)), **Pharmacological Actions** ([/greenmed/display/pharmacological-action](#)), and **Problem Substances** ([/greenmed/display/toxic-ingredient](#)). You'll find about 47,000 study abstracts distributed across these databases, with new research added on a daily basis. You can take the dashboard for a spin by clicking the icon below:

The screenshot shows the GreenMedInfo Research Dashboard with a dark background featuring various health-related icons like a leaf, a bowl of grains, and a bunch of onions. The dashboard is titled "GreenMedInfo Research Dashboard" and describes itself as "Your new workspace for results-driven, evidence-based natural medicine research" with "10,000+ vital health topics representing 27,812 research abstracts grouped & sorted by research quality & quantity".

Therapeutic Substances Panel (Left): Shows 1689 entries. A table lists topics like Culinary Herbs and Spices (1457), Turmeric (2270), Curcuminoids (2135), Curcumin (2109), and various fruits and omega-3 fatty acids. Each entry includes a small icon and a "View Details" button.

		AC	CK	PDF
Culinary Herbs and Spices	1457	View Details
Turmeric	2270	View Details
Curcuminoids	2135	View Details
Curcumin	2109	View Details
Fruit: All	760	View Details
Omega-3 Fatty Acids	383	View Details
Vitamin D	407	View Details
Probiotics	348	View Details
Fat: All	260	View Details
Vitamin C	383	View Details
Tea	385	View Details
Green Tea	510	View Details

Ailments & Conditions Panel (Middle): Shows 3017 entries. A table lists topics like Cancers: All (4354), Cardiovascular Diseases (872), Blood Sugar Problems (1103), and various autoimmune diseases. Each entry includes a small icon and a "View Details" button.

		AC	CK	PDF
Cancers: All	4354	View Details
Cardiovascular Diseases	872	View Details
Blood Sugar Problems	1103	View Details
Autoimmune Diseases	1099	View Details
Diabetes	981	View Details
Hypertension	387	View Details
Oxidative Stress	1323	View Details
Breast Cancer	1003	View Details
Cancer: Breast	1003	View Details
Neurodegenerative Diseases	816	View Details
Diabetes Mellitus: Type 2	572	View Details

Problem Substances Panel (Right): Shows 756 entries. A table lists topics like Statin Drugs (498), Wheat (335), Cholesterol Lowering Drugs (391), and various non-steroidal anti-inflammatory drugs (NSAIDs). Each entry includes a small icon and a "View Details" button.

		AC	CK	PDF
Statin Drugs	498	View Details
Wheat	335	View Details
Cholesterol Lowering Drugs	391	View Details
Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)	205	View Details
Gluten	166	View Details
Gliadin	116	View Details
Pesticides	92	View Details
Simvastatin	152	View Details
Bisphenols	174	View Details
Antidepressants	74	View Details
Bisphenol A	157	View Details

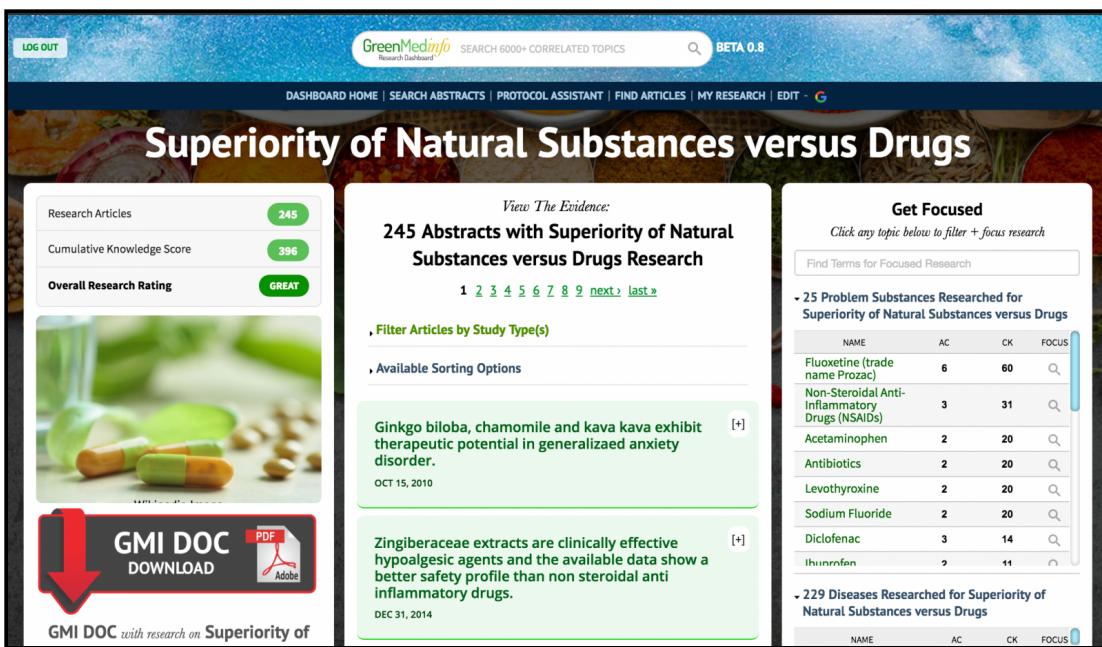
(<http://www.greenmedinfo.com/research-dashboard>)

Check out the new **GreenMedInfo Research Dashboard** (<http://www.greenmedinfo.com/research-dashboard>) (a byproduct of 12 years of development)

One section, however, you will not find in the aforementioned six indexes. It is titled, "**Superiority of Natural Substances vs. Drugs**"

(<http://www.greenmedinfo.com/keyword/superiority-natural-substances-versus-drugs>)," and is part of another database I am developing called Keywords, and which will be released on our site in a few weeks. These include random and salient threads of thoughts, concepts, and themes that I ran into as I gathered, curated, and indexed all the research on GreenMedInfo.com over the past seven years, but do not naturally fit into the six major indexes.

In this database Keyword alone, there are listed over 180 natural substances which have been demonstrated, mostly in preclinical research (**for reasons discussed elsewhere** (<http://www.greenmedinfo.com/blog/why-law-forbids-medicinal-use-natural-substances>)), to be superior to their conventional drug counterparts in over 270 different diseases. Take a look at this remarkable, and always growing, resource below:



(<http://www.greenmedinfo.com/keyword/superiority-natural-substances-versus-drugs>)

Screenshot of one of over 10,000 GreenMedInfo database nodes: Superiority of Natural Substances vs. Drugs (<http://www.greenmedinfo.com/keyword/superiority-natural-substances-versus-drugs>).

We also have a section called "**Natural Substances versus Drugs**" (<http://www.greenmedinfo.com/keyword/natural-substances-versus-drugs>)" with an additional 292 studies relevant to 242 diseases where there is established at least an equi-potency between the natural and conventional treatment.

It is extremely encouraging to the natural health movement to know that research actually proves the potential superiority of ancient, natural interventions versus conventional ones. The point of bringing this information to the attention of the public is to show that, at the very least, there is a legitimate place for natural medicine alongside the conventional, drug-based form,

and that this is not based strictly on subjective or anecdotal experience (which is valuable), but also the scientific evidence itself, which many critics of complementary and alternative medicine (CAM) often claim does not even exist.

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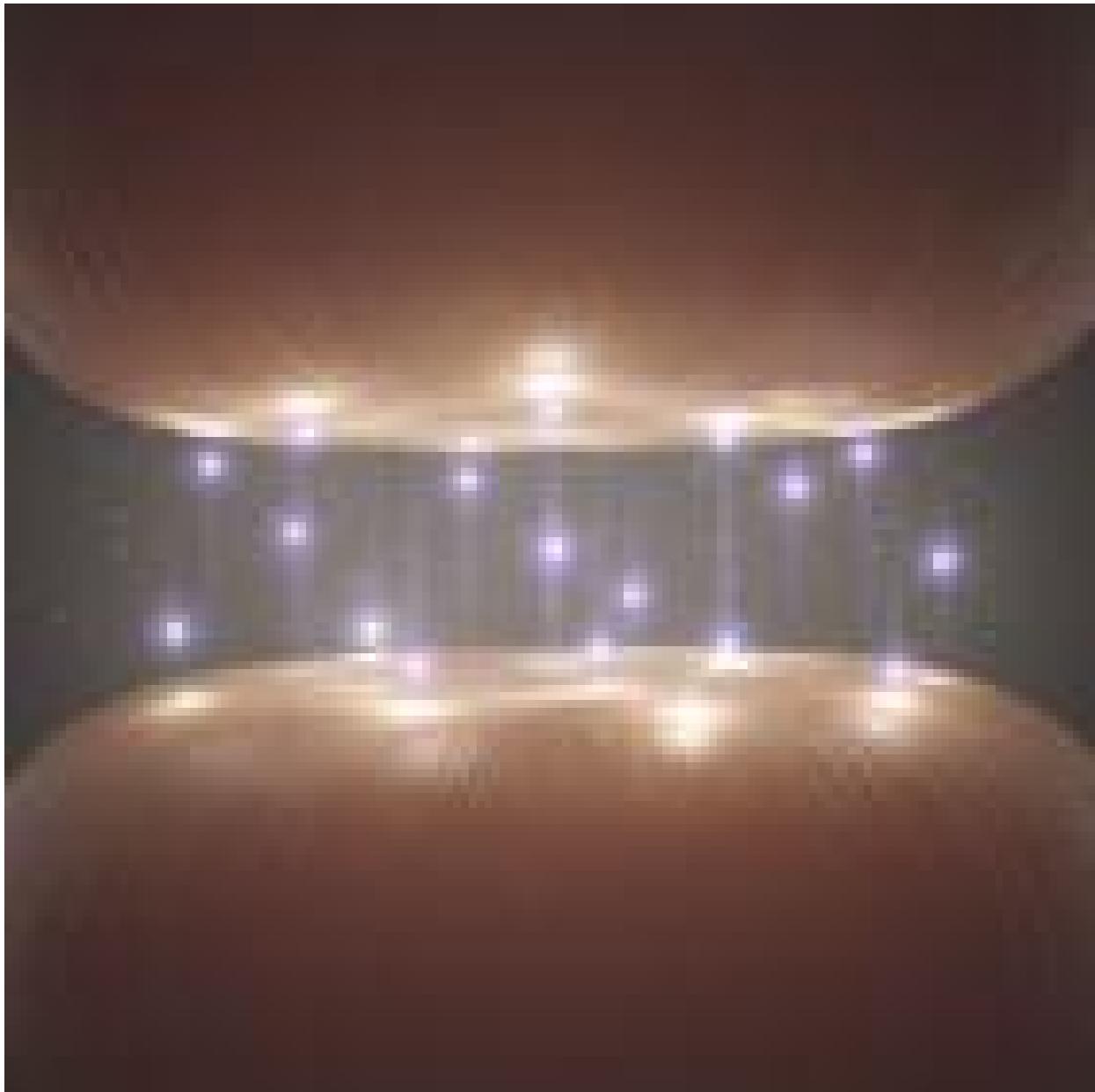
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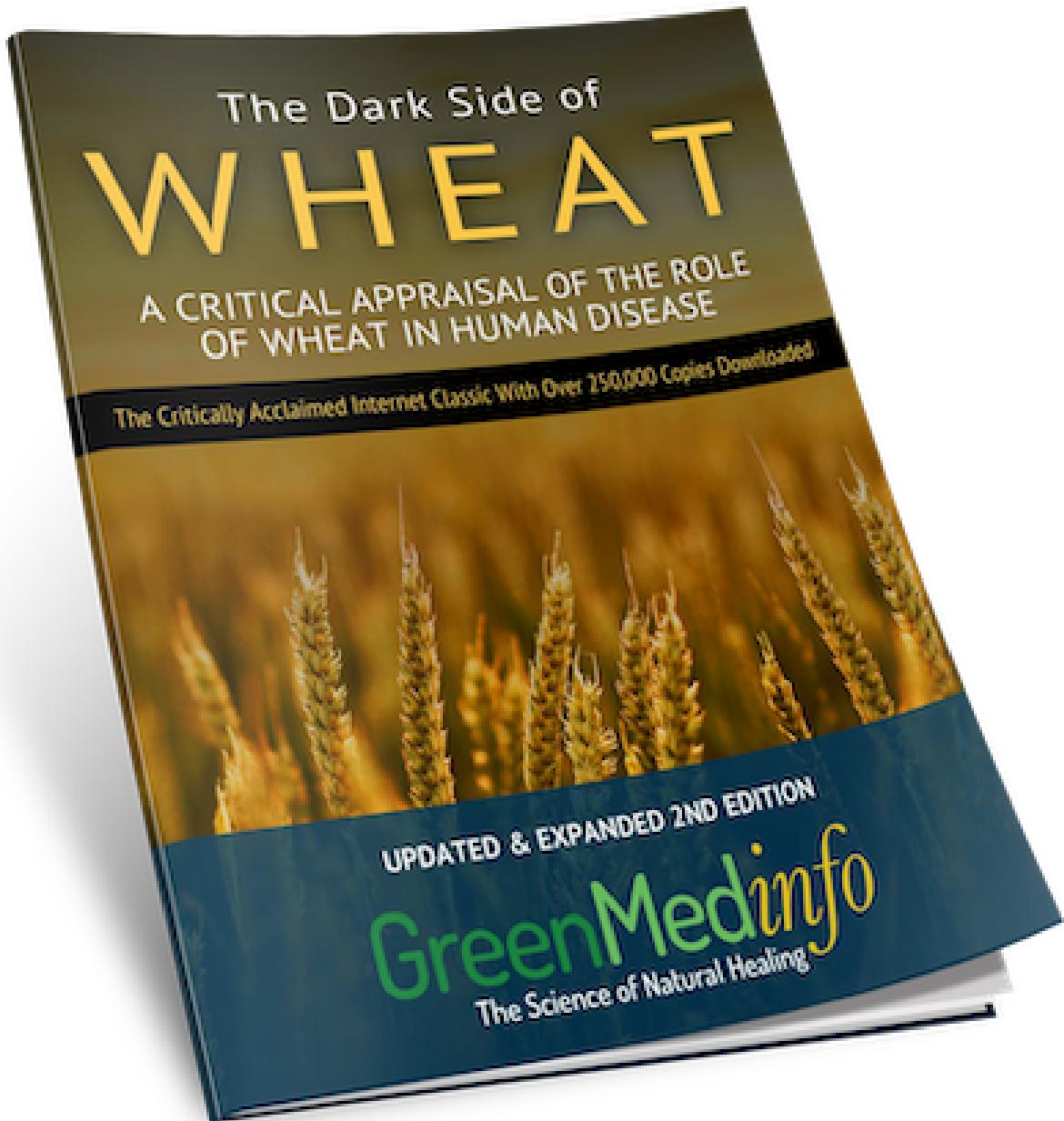
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